



Canadian
Red Cross
Croix-Rouge
canadienne



Emergency Preparedness
Canada

CAI
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EXPECT *the* UNEXPECTED

Plan for emergencies

SAFE GUARD

Cette brochure est également disponible en français.
Elle s'intitule *Prévoir l'imprévisible – pour affronter les urgences*.

EXPECT *the* UNEXPECTED

Plan for emergencies



SAFE  GUARD

EXPECT *the* UNEXPECTED PLAN *for it*

IN YOUR DAY-TO-DAY LIVING, DISASTERS MAY SEEM A
DISTANT POSSIBILITY. YET EARTHQUAKES, TORNADOES
AND CHEMICAL SPILLS CAN STRIKE ANY COMMUNITY,
INCLUDING YOURS.



If you're unprepared for a disaster, it can shatter your life. If you're prepared, it may merely inconvenience you. You can tip the balance between being a victim or a survivor.

Victims believe that major disasters occur in someone else's neighbourhood. Victims don't plan for emergencies. So when a disaster strikes, victims are overwhelmed by stress, trauma and injury.

Survivors, on the other hand, expect the unexpected and plan for it. They know what to do in a crisis. So when a disaster strikes, survivors are in control.

No community is equipped to handle all the demands of a catastrophe. Help your community by preparing yourself.

Don't let a major disaster victimize you: make sure everyone in your family knows what to do before, during and after an emergency.

Set up a family meeting this week to discuss how to prepare for an emergency. Don't be partners with panic. Have a plan.

KNOW what to do

BEFORE

a

DISASTER STRIKES

WILL YOUR WHOLE FAMILY THINK

CLEARLY AND LOGICALLY IN A CRISIS?

NOT MANY OF US CAN. SO, DO YOUR

CLEAR, LOGICAL THINKING NOW —

WHEN YOU HAVE THE TIME TO BE

THOROUGH.

PREPARE NOW

Your best protection in any emergency is knowing what to do. Read this brochure, and act on the brochure's suggestions.

KNOW YOUR ENEMY

Find out what natural and human-caused disasters could happen in your community. And know what to expect during each disaster.

LOOK AT YOUR OWN SITUATION

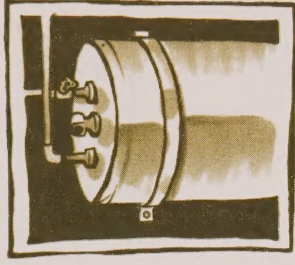
Hazard-proof your home

Anticipate what could go wrong in your home and take corrective action.

If you live in an earthquake zone, move or secure objects that could fall and injure you: books, plants, mirrors, lamps, china.

Secure objects that could tip and start a fire: water heater, gas appliances.

If you live in a tornado zone, secure anything that might be blown around or torn loose, both indoors and outdoors.



If you live in a flood-prone area, remove all chemical products from the basement. Move irreplaceable belongings to upper floors.

Post emergency numbers

Keep a list of key telephone numbers and addresses near the phone. (If there's been a major disaster, use the phone only if it's absolutely necessary. Emergency crews will need all available lines.)

Check your insurance

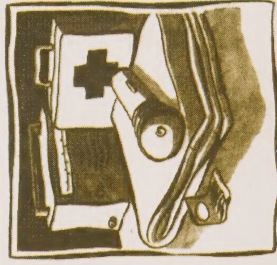
Make sure you have adequate insurance coverage for the range of risks in your community.

PREPARE AN EMERGENCY SURVIVAL KIT

Aim to have an emergency survival kit that will keep you and your family self-sufficient for at least three days.

If you've got a flashlight, battery-operated radio, food, water and blankets, you already have part of an emergency survival kit. All you have to do is assemble the supplies in an easy-to-carry container (in case you have to move to an emergency shelter).

Make sure everyone knows where to find the emergency survival kit.



Keep a smaller survival kit in your car

A blanket, extra clothing, a candle in a deep can and matches can save your life.

OTHER PROCEDURES

Here are some other steps that can make your life more tolerable during a disaster.

Local contact

Register with the Red Cross.

Choose an out-of-province family contact

Choose someone in another province to be your family's contact. After the disaster, call your family contact if you get separated from your family. Make sure everyone memorizes this person's name and telephone number.

*See emergency checklists
in centrefold.*

Have a show and tell

If you live in a house

Teach members of your family where and how to shut off the water, electricity and gas supply. Make big easy-to-see signs saying Breaker Panel (or main circuit breaker), Gas and Main Water Supply. Put these signs near the breaker panel, gas valve and main water valve.

If you live in an apartment

Show everyone in your family where the emergency exit is. Show them where the fire alarm is, and explain when and how to use it. In a fire or other emergency, don't use the elevators. You'll be trapped in the elevator if the power goes out.

Learn about other community

emergency plans

Your kids' school, and your work place might have their own emergency plans. Find out what they are and how they apply to you. You may be separated from your family and need to know how to get re-connected. You can assist in educating your children about school plans etc.

Avoid potential emergency situations

Heed weather warnings and avoid driving and other activities in hazardous weather conditions.



KNOW what to do

DURING a DISASTER

HERE ARE SOME BASIC PROCEDURES FOR FOUR DISASTERS.

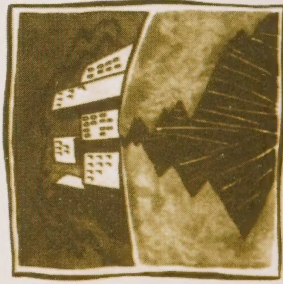
(FOR MORE INFORMATION ON

THESE AND OTHER DISASTERS,

CONTACT EMERGENCY

PREPAREDNESS CANADA OR

YOUR LOCAL RED CROSS.)



DURING AN EARTHQUAKE
If you are in a building
Stay inside. Stay away from windows.

Get under a heavy desk or table and hang on. If you can't get under something strong, flatten yourself against an interior wall, protect your head and neck.

If you are outside
Go to an open area. Move away from buildings or any structure that could collapse. Stay away from power lines and dangling electric wires.

If you are in a car
Stop the car and stay in it. But stay away from bridges, overpasses or underpasses, buildings or anything that could collapse.

DURING A TORNADO

If you are in a building
Go to the basement. If there isn't one, crouch or lie flat (under heavy furniture) in an inner hallway or small inner room away from windows.

Stay away from large halls, arenas, shopping malls, and so on (their roofs could collapse).



If you are caught outside

If there is no shelter, crouch down in a ditch or ravine.

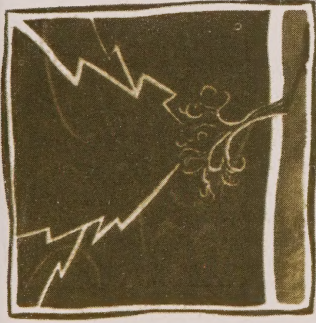
If you are driving

Get out of and away from the car. It could be blown through the air, or roll over on you.

DURING A LIGHTNING STORM

If you are in a building

Stay inside. Stay away from windows, doors, fireplaces, radiators, stoves, metal pipes, sinks or other electrical charge conductors. Unplug TVs, radios, toasters and other electrical appliances. Don't use the phone or other electrical equipment.



If you are outside

Seek shelter in a building, cave or depressed area. If you're caught in the open, kneel with your feet close together and your head down — it makes you a smaller target. Keep away from telephone and power lines, fences, trees and hill-tops. Get off bicycles, motorcycles, tractors.

If you are in a car

Stop the car and stay in it. Don't stop near trees or power lines that could fall.

DURING A FLOOD

Turn off basement furnaces and the outside gas valve. Shut off the electricity. If the area around the fuse box or circuit breaker is wet, stand on a dry board and shut off the power with a dry wooden stick.

Never try to cross a flood area on foot. The fast water could sweep you away.

If you are in a car

Drive very carefully. If the car stalls in a flooded area, abandon it. Many people have drowned in rising flood waters while trying to move a stalled vehicle.



KNOW *what to do*

AFTER *a DISASTER*

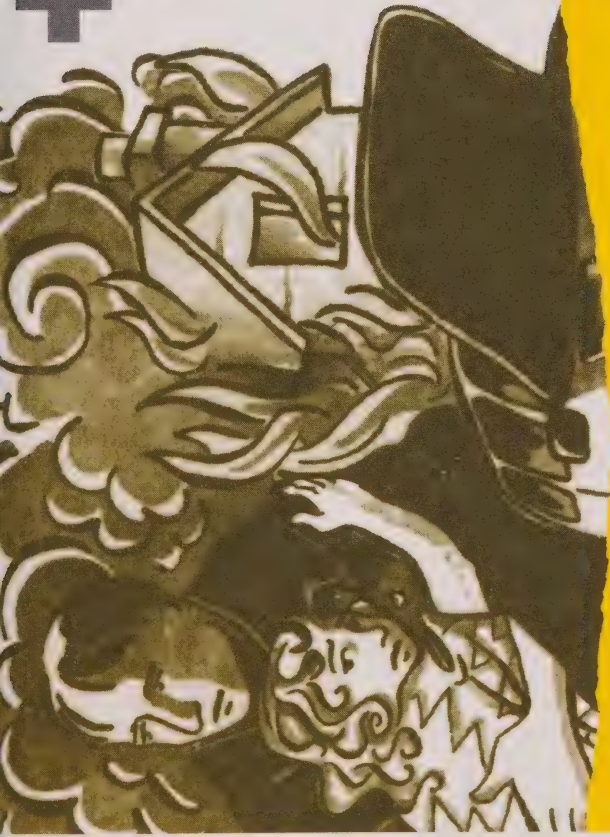
RIGHT AFTER THE EMERGENCY, YOU
COULD BE DAZED. STAY CALM AND
REMEMBER THE FOLLOWING PROCEDURES.

HELP THE INJURED
Help anyone who is injured.
Get your emergency survival kit
(the first-aid kit should be with it).

LISTEN TO THE RADIO
Listen to your local radio station on your
battery-operated radio for instructions.

DON'T USE THE TELEPHONE
Don't use the telephone unless it is absolutely
necessary. Emergency crews will need all
available lines.





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Emergency Preparedness
Canada

Protection civile
Canada

CHECKLISTS

SAFE GUARD

THINK OF ANY SPECIAL NEEDS THAT
SOMEONE IN YOUR FAMILY MIGHT HAVE.
INCLUDE ANY OTHER ITEMS THAT YOUR

FAMILY WOULD NEED. HERE ARE SOME
SUGGESTIONS.

Babies/young children
diapers, bottled milk, toys, crayons and paper

Other family members
prescription medication, extra eye glasses

Pets
dog/cat food

ORANGE GARBAGE BAGS
MAKE GREAT RAIN PONCHOS.

EMERGENCY FOOD *and* WATER KIT

Have on hand at least a three-day supply
of food and water. Choose ready-to-eat foods
that your family likes. And select food that
doesn't need refrigeration.

WATER

- ☐ Drinking water: at least one litre per adult
per day

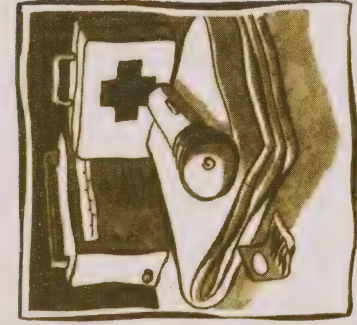
FOOD

- ☐ Canned food: soups, stews, baked beans,
pasta, meat, poultry, fish, vegetables, fruits
- ☐ Crackers and biscuits
- ☐ Honey, peanut butter, syrup, jam,
salt and pepper, sugar, instant coffee, tea

REPLACE CANNED FOOD AND
DRY GOODS ONCE A YEAR.

EQUIPMENT

- ☐ Knives, forks, spoons
- ☐ Disposable cups and plates
- ☐ Manual can opener, bottle opener
- ☐ Fuel stove and fuel (follow manufacturer's
instructions. Don't use a barbecue
indoors.)
- ☐ Waterproof matches and plastic garbage
bags



KEEP SUPPLIES IN AN
EASY-TO-FIND SPOT

EMERGENCY SURVIVAL KIT

- ☐ Flashlight and batteries
(in case the lights go out)
- ☐ Radio and batteries
(so you can listen to news bulletins)
- ☐ Spare batteries (for radio and flashlight)
- ☐ First-aid kit
- ☐ Candles and matches/lighter
- ☐ Extra car keys and cash
- ☐ Important papers (identification
for everyone, personal documents)
- ☐ Food and bottled water
(See "Food list" in this Appendix)
- ☐ Clothing and footwear
(one change of clothes per person)
- ☐ Blankets or sleeping bags
(one blanket or sleeping bag per person)
- ☐ Toilet paper and other personal supplies
- ☐ Medication
- ☐ Backpack/duffel bag (or something else
to carry the emergency survival kit in,
in case you have to evacuate)
- ☐ Whistle (in case you need to attract
someone's attention)
- ☐ Playing cards, games

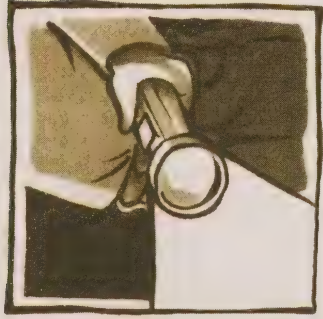
CAR KIT



- ☐ Ice scraper and brush
- ☐ Shovel
- ☐ Sand (or kitty litter, which is light and doesn't freeze)
- ☐ Blankets
- ☐ Candles in a deep can
- ☐ Water proof matches
- ☐ Tow chain
- ☐ Warning light or flares
- ☐ Flashlight
- ☐ Hat, plus extra warm clothes and footwear

KEEP YOUR CAR GAS TANK
AT LEAST HALF-FULL AT
ALL TIMES.

- ☐ Food bars (granola, chocolate, etc.)
- ☐ Booster cables
- ☐ First-aid kit
- ☐ Road maps
- ☐ Methanol hydrate to de-ice the fuel line
- ☐ Fire extinguisher



CHECK YOUR HOME

Check for damage to your home. Remember the following points:

- Use the flashlight — don't light matches or turn on the electrical switches if you suspect damage.
- Check for fires, fire hazards or other household hazards.
- Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows and get everyone outside quickly.

**IF YOU TURN OFF THE GAS,
IT SHOULD ONLY BE TURNED
BACK ON BY A PROFESSIONAL
FROM THE GAS COMPANY.**

- Shut off any other damaged utilities.
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids immediately.
- Confine or secure your pets.
- Check on your neighbours, especially the elderly or people with disabilities.

WATCH *for hazards*

THINK ABOUT THE HAZARDS YOU
SHOULD WATCH FOR AFTER A MAJOR
DISASTER.

POST EARTHQUAKE HAZARD

Damaged buildings

Aftershocks

Water gets cut off

Power can go off

Tsunami (huge ocean wave)

WHAT TO DO

Stay out of damaged buildings, even if they look okay

Stay put

Use emergency water from water heater, toilet tank, melted ice cubes.

If you live in an apartment, don't use the elevator. You'll get stuck in it.

If you live near the ocean, stay away from the water front.

POST-FLOOD HAZARDS

Contaminated drinking water

WHAT TO DO

Use bottled water or bring water to a rolling boil for five minutes, or add two drops of household bleach to one litre of contaminated water. Stir and wait 15 minutes before drinking. (Water should still have a slight chlorine smell.)

Contaminated dishes and utensils

Wash and sterilize dishes and utensils. Use hot water, detergent and a disinfectant rinse (approximately one teaspoon of household bleach in a sink of water).

Basement full of water

Drain the water in stages, about a third of the volume of water per day. (Draining the water too quickly can structurally damage your home.)

Contaminated flood water in the basement

Disinfect every three days if the flood is severe and the house is occupied for an extended period. For the average home, mix two litres of liquid bleach into the flood water.

OTHER HAZARDS

Loose or dangling electrical wires

Stay away. Advise the authorities if you can.

Broken sewer and water mains

Advise the authorities if you can. After a flood, for example, keep the following in mind:

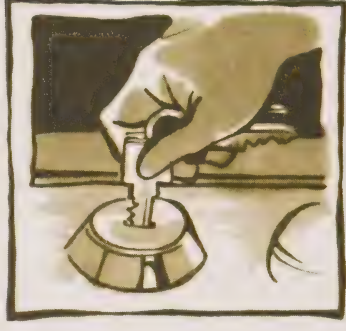
Be READY to EVACUATE

IF THE EMERGENCY IS SERIOUS
ENOUGH, YOU WILL BE ASKED TO LEAVE
YOUR HOME AND GO TO A NEARBY
EVACUATION CENTRE, LIKE A SCHOOL
GYM OR A COMMUNITY HALL.

IF YOU HAVE TO EVACUATE

- Leave immediately.
- Take your emergency survival kit with you.
- Listen to the radio and follow instructions from local emergency officials.
- Wear protective clothes and shoes.
- Lock the house.
- Follow the routes specified by the officials. Don't take shortcuts. A shortcut could take you to a blocked or dangerous area.
- If you are instructed to do so, shut off water, gas and electricity.
- Make arrangements for pets.
- If you have time, leave a note telling others when you left and where you went. If you have a mailbox you could leave the note there.

- If you are evacuated, register with the Red Cross so you can be reunited with your family and loved ones.



EXPECT

emotional

REACTIONS

You won't "act like yourself" for a while
Most people caught in a disaster usually feel confused. They may tremble, feel numb, vomit or faint. Immediately after the disaster they often feel bewildered, shocked, relieved to be alive. These feelings and reactions are perfectly normal.

Later, many survivors sleep poorly, have no appetite, are angry with those around them, or panic at the slightest hint of a storm. Kids might start thumb sucking or bed wetting. These feelings and reactions are perfectly normal too.

How to get back on track
Here are some suggestions to help get yourself and your family back on track after the disaster:

Talk about your feelings. Talk about what's happened.

Get your kids to express their feelings. They may want to do this by drawing or playing instead of talking. Understand that their feelings are real. Recognize that when

you suffer a loss, you grieve. (Yes, you can grieve the loss of a wedding photo or your grandfather's favourite ring.) Feeling apathetic. Feeling hostile. Not sleeping or eating well. These are all grief reactions. You need time to heal.



Concentrate on your kids

During and after a disaster, your kids will look to you for help and guidance. How you react to the situation gives them clues on how to act. If you show fear, they'll probably get really scared. Even if you show no fear, they'll probably feel anxious.

A CHILD WHO FEELS AFRAID IS AFRAID.

After a disaster, kids are most afraid that

- the event will happen again
- someone will get hurt or injured
- they will be separated from the family
- they will be left alone

So comfort and reassure them. Tell them what you know about the situation. Be honest but gentle.

Encourage them to talk about the disaster. Encourage them to ask questions about the disaster.

Give them a real task to do, something that gets the family back on its feet.

Keep them with you, even if it seems easier to look for housing or help on your own.

At a time like this it's important for the whole family to stay together.



*To obtain copies of this brochure or others,
please contact your local Red Cross or EPC at:*

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pcc.x400.gc.ca](mailto:cominfo@jackson.epc.epc-pcc.x400.gc.ca)

This booklet is available in alternate formats
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and braille).

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SAFE GUARD

Emergency Preparedness Partners in Canada

SAFE GUARD is a national public recognition program based on partnerships and aimed at increasing public awareness of emergency preparedness in Canada.

The SAFE GUARD program brings together government, private and voluntary organizations that are part of the emergency planning, response and recovery community.

The triangle is the international symbol of emergency preparedness. The jagged line evokes the maple leaf, the internationally recognized symbol of Canada. The amber yellow colour is a sign of caution and warning.



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